

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims

1-9 (canceled)

10. (currently amended) An exerciser comprising:

~~a.~~ an exerciser base, further comprising:

- i. a central base support;
- ii. stabilizing ~~means~~ support;
- iii. a single upwardly extending vertical ~~axle~~ axis, extending from the base support;

~~b.~~ a rotative body, coaxial with the vertical ~~axle~~ axis and having a generally horizontally extending displaced ~~axle~~ axis and a resistance attachment means;

~~c.~~ a pair of foot pad support arms, cantileverally attached to the horizontally displaced ~~axle~~ axis, one on either side of the rotative body; and

~~d.~~ a pair of rod arms; each ~~with having a pair of joints~~ disposed at each opposite ends of each rod arm and attached individually by a joint to a foot pad support arm and both interfaced with the vertical axis at a pivot point above the horizontal axis ~~interfacing the exerciser base by the other joint~~;

wherein ~~foot pad the support~~ arms are actuated in a vertical manner and thereby ~~draw rod move~~ arms up and down with foot pad support arms and foot pad support arms rotate with the rotative body ~~due to the fixed length of the rod arms~~.

11. (currently amended) The exercise device of claim 10 further comprising a resistance means for providing restorative force when the foot pad support arms are actuated.

12. (currently amended) The exercise device of claim 11, the resistance means comprising:

- a. a base rod, having two ends and a defined axis;
- b. at least one compressible cylinder in a coaxial relation to the base rod;

- c. a stop structure abutting the at least one cylinder and disposed at one end of the base rod;
- d. a thrust block, disposed next to the at least one cylinder towards the end opposite the stop structure, the thrust block further comprising:
 - i. ~~A~~a block body having a centrally defined hole, through which the base rod passes; ~~and~~
 - ii. a pivot ~~axle~~axle, extending in a downwards direction from the block body; and ~~e~~b. an interface for attaching to a device requiring a resistance feature, the interface located at the end opposite the stop structure;

wherein, the resistance mechanism is actuated when the base rod is pulled in a manner to lessen the distance between the thrust block and stop structure, thereby compressing the at least one cylinders and providing resistance.

- 13. (original) The resistance mechanism of claim 12 further comprising at least one bushing, coaxially attached inside of each compressible cylinder between the cylinder and the base rod, said bushing being non-compressible so as to limit compression of each cylinder.
- 14. (original) The exercise device of claim 13, wherein at least one material from which the at least one compressible cylinder is composed is selected from the group consisting of: rubbers, synthetic rubbers, plastics, polymers, and metals.
- 15. (original) The exercise device of claim 14, wherein the stop structure is a handle, coaxially disposed on the base rod.
- 16. (original) The exercise device of claim 15, wherein the handle is threadingly engaged to the base rod, allowing for both removal and pre-compression of the at least one cylinder thereby increasing resistance.

17. (original) The exercise device of claim 13, wherein the stop structure is a handle, coaxially disposed on the base rod.
18. (original) The exercise device of claim 17, wherein the handle is treadingly engaged to the base rod, allowing for pre-compression of the at least one cylinder thereby increasing resistance.
19. (original) The exercise device of claim 12, wherein the stop structure is a handle, coaxially disposed on the base rod.
20. (original) The exercise device of claim 19, wherein the handle is threadingly engaged to the base rod, allowing for pre-compression of the at least one cylinder thereby increasing resistance.